

MRS. LETITIA SEMPLE.

Daughter of President Tyler, Who Once Was Mistress of the White House, Still Living.

Living in the big brick building known as the Louisa home in Washington is a white-haired woman who was the mistress of the white house more than half a century ago. By the world at large her existence has been forgotten, nor would the mention of her name, Mrs. Letitia Semple, recall any memory to the ordinary reader. It was as Letitia Tyler that she first became known to Washington society in the days when the Capitol city was scarcely more than a country village, containing a few fine public buildings separated by long stretches of bottomless mud. She was the second daughter of President John Tyler, and she was a Virginia belle in the days when that was the clearest title to beauty that could be bestowed in this country. Tyler's administration seems a long way back to most of us. It seems strange to think that this serene-faced old woman, who is still active and vigorous, knew and talked with Webster and Clay and Calhoun and the other leaders of that period which was so prolific of great men. Webster she saw often, and describes him as a man of imposing presence which made its power felt in any assembly.

"At the time of our coming to Washington," said Mrs. Semple, in recalling her white house experiences of 50 years ago, "my mother's health was too poor to admit of her taking active charge of the duties naturally devolving upon the wife of the president. My elder sister and I had our newly-made homes in Virginia to supervise, and my youngest sister was only a child. Therefore by common consent the wife of our brother Robert became the mistress of the white house so far as the public side of the life there was concerned. However, my other sister and myself were there a good part of the time. This arrangement continued until after my mother's death, which occurred in the white house. Then my brother established himself



MRS. LETITIA SEMPLE. (Daughter of President Tyler and Once Mistress of the White House.)

in law practice in Philadelphia, and his wife wished to make her home there. Meanwhile my husband had been appointed a paymaster in the navy, and as that led to his being away from home a great part of the time I came here to take charge of my father's household and remained until 1844.

"There were no great social entertainments in the white house during my father's term. My mother's ill health and later her death forbade that. For the most part we lived opaquely, hospitably and unpretentiously; in fact, just as we had been accustomed to do at home in Virginia. I remember that it was customary during the sessions of congress to entertain guests at dinner in the white house twice a week. The first dinner was usually attended by about 20 prominent public men, the personal and political friends of my father. The second was on a somewhat larger scale. It usually included members of the diplomatic corps, and the number of guests was generally about 40. At these dinners were always very simple affairs, and they ended at what would be considered now a ridiculously early hour. Then on other evenings it was customary for the president's family to be informally at home—that is, to receive calls from friends and acquaintances. But even on these occasions the visitors always departed before ten o'clock. At that hour the white house was closed and the family retired."

Although Mrs. Semple is nearly 80 years old she takes an active interest in all current affairs. She receives many invitations from people in public life in Washington.—N. Y. Sun.

Mock Pate de Fete Gras.

Boil in separate vessels a nice calf's liver and a tongue in slightly salted water. When very tender let them stand in the liquor until the next day. Then rub the liver to a paste, moistening with melted butter and seasoning with salt, pepper, cayenne, grated nutmeg, grated onion, a teaspoonful of made mustard and as much of Worcester's sauce. Mix thoroughly and pack in little jars, buttering the inside well and inserting here and there the tongue cut into small bits. When the jar is packed cover with melted butter. Keep in a cool place, and cut into slices for luncheons or sandwiches. It is very pretty laid on a leaf of lettuce with a spoonful of tartar sauce beside it.

Engineers estimate that 20,000 horsepower can be developed along the Chicago sanitary channel.

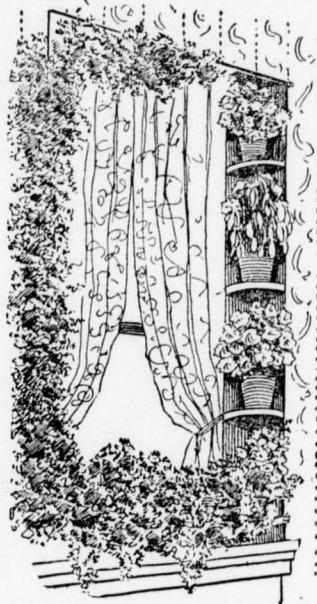
WINDOW GARDENING.

A Charming Home Occupation and Recreation for Lovers of Plant Life and Beauty.

Winter flowering plants may be grown better in boxes than in small pots. Window boxes used outside in summer may be brought in the house in winter if the precaution is taken to make them water tight with zinc or galvanized iron. Leave a hole in the bottom of the lining to draw off the surplus water. The boxes may be placed on brackets or hung with wires screwed into the window frame, or placed on the sill.

Any of the plants commonly grown in the house can be planted in the box. Geraniums of any sort, heliotrope, fuchsias and begonias make a good variety, while a fern or two gives a dainty, tasty effect different from other plants. Or the box may be filled with annuals grown from seed. Petunias, phlox, sweet alyssum, nasturtiums and a sprig of mignonette will give a variety of bloom all winter.

At the ends may be planted morning glories and trained up each side



ATTRACTIVE WINDOW GARDEN.

of the window. English ivy is also a good vine to use, but it is without flowers. In a cool room carnations, violets and pansies may be grown, while roses could be handled successfully in a kitchen where there were heat and moisture. Tradescantia or Wandering Jew can be planted along the edge to hang over the sides, or the box may be covered with pretty colored paper or drapery.

Shelves fill up a window so much that the men do not like plants in the house. In brick or stone houses, with the deep window casings, an arrangement as shown in the illustration may be adopted. If there is not room in the casing, a series of brackets might be fastened along the side, and the plants receive nearly the full benefit of sun without obstructing the light.—Farm and Home.

EXERCISE FOR WOMEN.

It Imparts to the Outline of the Figure Graceful Contours and Beauty to the Face.

In Sandow's book on physical culture he devotes a chapter to women. He says: "I am quite aware that there is a very widespread notion that exercise tends to coarsen and render a woman unbecomingly muscular, but that is absolutely false. Where there is any truth in it I should indeed despair of converting my fair readers to my way of thinking, for truly it is a woman's mission to look beautiful. But the idea is absurd; nature, which intended woman to look lovely, also intended her to be healthy; indeed, the two are practically synonymous."

"Of course, improper, violent and one-sided exercise will naturally result in making a woman clumsy, heavy and ungraceful, but proper exercise, having for its object symmetrical and perfect development, will have an exactly contrary effect. Curiously enough, the visible effect of proper exercise upon a woman's muscles is not precisely the same as upon those of a man. Regular and gradually progressive exercise will not make a woman's muscles prominent, but will cause them to grow firm and round, and impart to the outline of the figure those graceful contours which are so universally admired.

"Without well-conditioned muscles the most beautifully proportioned woman in the world will look comparatively shapeless and flabby; her muscles are not required to show up as in the case of a man's, but they must be there all the same, as a solid foundation for the overlying flesh. Take a woman's arm, for instance. If it has been duly exercised and developed, it is easy enough to see that its shapeliness and good modeling are due to the muscles; white and soft though the skin may be, you can tell at a glance that it is firm and elastic to the touch. On the other hand, the arm of the woman who has never exercised the muscles betrays the fact unmistakably; it may be plump and round, but its lines are lacking in beauty, its movements in grace, and so with the figure generally."

Hygienic Value of Bathing.

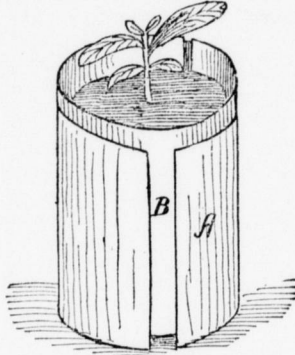
An authority on hygiene says that systematic use of salt baths will prevent one from taking cold, and avert chapping and roughness of the skin. A handful of common salt dissolved in a basinful of water as cold as one's vitality permits is sufficient for a sponge bath over the entire body. No soap should be used in this bath. It is better to use cold water for the face and neck, adding a little hot for the remainder of the sponging, if desired.



STARTING MELONS.

How to Secure a Crop of Cantaloupes Some Time in Advance of Competitors.

Cantaloupes reach their highest development on a deep, mellow, sandy soil. It should be well prepared and the seed be planted as soon as danger of frost is over. In order to grow the crop early, which is a very important consideration from a commercial standpoint, it is best to make two plantings, one very early and the other some ten days later. Should the first planting be killed by frost or by insects, the second will usually make a stand. If neither planting be killed, the plants can be thinned out when the second



HOW TO START MELONS.

pair of leaves have made some growth.

We have planted seed in two-inch rose pots which were placed in a hotbed till the plants reached the proper size, and when danger from frost was over put them out in the fields. Plants started in this way have produced ripe melons one week earlier than seed planted in the fields. Parts of old tin cans may be used instead of pots. The cans may be thrown into the fire and the soldering which holds the ends and seams be melted, and afterward the cans be rolled out so as to form a smooth cylinder. They do best if one be placed inside the other, as at a and b, with the opening sides opposite, as illustrated. After the plants are set out, one of these tin cans may also be used for a plant protector against cut worms and cold winds until the plant starts to run. The can is simply slipped up above the plant, with an inch of it remaining in the soil to hold it.—Prof. R. S. Price, Texas Experiment Station, in Farm and Home.

A BAD INSECT PEST.

The Railroad Worm Is a Worse Foe to the Apple Crop Than Even the Tent Caterpillar.

One of the worst pests that the apple grower has to fight is the railroad worm, called also the pulp worm and the apple maggot. The fruit growers of Vermont are unanimous in giving this insect the first rank among their insect enemies.

It is worse than the tent caterpillar. That can be entirely overcome by spraying whereas spraying has no effect on the railroad worm.

The railroad worm or apple maggot is the cause of the pulpy, punky condition of the apples as we find them now in the stored fruit, and in that offered for sale. The eggs are laid just under the skin of the apple by a small fly. This fly begins her work in June, and keeps it up pretty much all summer, so that there may be worms of all ages in the apples. She has a strong preference for sweet apples, and practically ruined the crop of Talmans last year. Still, she works in all varieties, sour as well as sweet, and causes hundreds of dollars loss to the fruit grower.

We have consulted the authorities at the Vermont experiment station, and they frankly admit that no satisfactory way of dealing with it has been discovered. They say that considerable good can be accomplished by keeping hogs or sheep in the orchard to pick up the windfalls. These windfalls are usually full of apple maggots, and the hogs digest them out of existence.

Experiments are being made at various places in the United States, and we hope eventually to know some more effective way of dealing with this pest. But for the present we must rely on the practice of destroying the windfalls.—American Cultivator.

TIMELY DAIRY TALK.

It is a mighty good cow that will pay for much \$18 bran.

The wise dairyman with good cows and plenty of clover hay and rich silage is the smiling one.

If the cow is off her feed tempt her appetite with a few feeds of unground oats, she will like the change—and oats.

If you get out of work go to the cow stable. There are generally places to clean up or fix up. There are always backs for the curry comb.

A ton of alfalfa hay has almost as much protein as a ton of wheat bran. If the latter is worth \$18, the hay is worth nearly \$17—and the money stays at home.

The protein sellers will force us to grow it at home. The soy bean is all right. Its meal is as rich as cottonseed in protein, and three times as rich as corn in fat.

Eating your cake and having it is regarded as impossible, but the soy bean goes one you better—you "eat" it and have two—a profit from the cow and a richer farm.—W. F. McSparran, in National Stockman.

PERMANENT ROADS.

They Should Be Introduced Wherever Big Sums Are Now Spent for Temporary Improvements.

Report is current that more than \$30,000,000 are spent annually in this country for the temporary improvement of the public highways. A significant sum, when it is considered that its expenditure leaves the country in no better condition than before its use. The money spent in repairing the roads is practically a waste, for it gives no permanency to the improvement. A bridge may be put in to-morrow, and next week it washes out; a manhole may be filled this week and next week a rain transforms it into the same old mud-hole. A rut may be corrected, and it less than 24 hours the work is made void and hence has to be repeated.

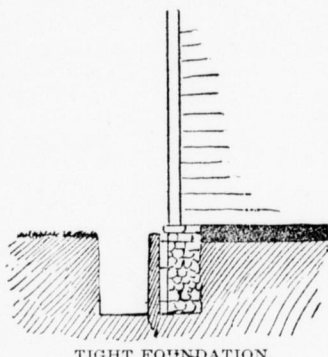
There is need for improvement and repairs which shall be permanent and substantial—not only of value to-morrow, but for all time to come. It were better and more economical thoroughly to improve one mile of road than to throw up a dump in the middle of 20 miles of road and call it improved. The lack of permanency in the betterment of our thoroughfares is the feature of the good roads question to which large importance should and does attach.

We have no definite plan for the improvement of the roads, that at this time would be universally adopted with good results, but in the absence of a plan we are in the midst of so many bad roads as to compel the recognition of a vast need of a feasible and practicable method. We all know the present system is a failure, a costly blunder and unsatisfactory everywhere, and believe that a new system is bound to be ushered in at an early day. In sections of Indiana and some other states macadam roads have been constructed, and the service is perfect. Where the materials for macadamizing are at hand, there is no better way of permanently improving the highways. It is not necessary to argue the value of improved roads to farmers, how they would enhance the value of land, improve the social conditions in the country, and enable farmers to get better prices for their products in that they could get them to market when prices were high. Everybody believes we should have good roads, but the people are not active enough in their demands, and not agreed as to methods which will insure effective action. There needs to be concentration of effort, especially among the farmers, and agitation and thought should be constant, since both precede action. What properly may be called a good road is one on which the farmer can haul heavy loads during rainy weather; one in which there are no ruts, washouts and bumps; one that is good when the weather is bad, and over which a team may pull an empty wagon without experiencing that fatigue so common on the rough, rutty, ragged roads which annually are worked at large aggregate expense and improved in general unevenness.—Farmers' Review.

TIGHT FOUNDATION.

How to Put One Under a Barn, House or Other Farm Structure, Already Built.

It is often desired to put a tight foundation under a barn or other structure, already built. This is a difficult matter, particularly if the building is close to the ground. The foundation should extend down below the frost line. How shall the ditch be dug under the edge of the barn? The illus-



TIGHT FOUNDATION.

tration shows an excellent plan. Dig a trench close to the barn, and then dig in under the barn to the required distance to accommodate the foundation stones. Exactly under the edge of the barn, at the bottom of the wide trench, drive stakes and put down a rough board. Now fill in behind the board with loose stones, put on another old board and continue to fill in the loose stones until they stand level with the surface of the ground. The part of the trench outside the boards can now be filled in with earth, packing it down solidly, leaving the old boards where they are. The flat stones above the ground can then be put in and cemented. Perhaps they can be put in more conveniently before filling in the outside trench.—Orange Judd Farmer.

Eight Hours a Day's Work.

The use of machinery on the farm is very nearly reducing the hours of labor to eight hours a day. Very few ask hired help to work over ten hours now, and when at work with horses and machinery eight hours of labor is as much as ought to be expected of the team, and the teamster expects to do but little more excepting to give the team the care it should have, and to keep the machine in order. Even this last is sometimes delegated to some other person, if there are knives to sharpen, as on the moving machine and reaper, for not every good teamster is handy at the grindstone and some have but little mechanical ingenuity, so that though they may learn to run a machine while it is in good order, they cannot put it in order if anything goes wrong.—American Cultivator.

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Eight years ago I got sore hands, commencing with a burning sensation on my fingers and on top of the hand. When I rubbed them, you could see little white pimples. I felt like twisting my fingers out of their sockets. I had high fever, and cold chills ran over me, and so I kept it going until I was tired out. Nights, I had to walk the floor until I fell asleep. My hands peeled like an onion, the finger nails got loose, and the water ran out, and wherever there was a little pimple there the burning fire was—that happened at least ten times. I am running a blacksmith shop, horse-shoeing, and I would not shut up the shop for anybody, but it was hard. My hands puffed up worse than a toad. When I drove horse nails, the water from my hands ran through the bandages, on to the floor. My customers refused to look at my hand. I had a friend take me to the doctor; he gave a solution of something to bathe my hands. I went to another doctor, I think, for a year. I found your advertisement in a Utica newspaper, and I got the CUTICURA remedies. As soon as I used them I began to gain, and after using a small quantity of them I was entirely cured. I would not take fifty dollars for a cake of CUTICURA SOAP if I could not get any more. I would not suffer any more as I did, for the whole country.

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